

Full Report (All Nutrients) 01122, Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Report Date: December 05, 2015 08:52 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 container (6 oz) 170g	0.5 container (4 oz) 113g	1 container (8 oz) 227g
Proximates							
Water	g	74.10	20	0.514	125.97	83.73	168.21
Energy	kcal	105	--	--	178	119	238
Energy	kJ	440	--	--	748	497	999
Protein	g	4.86	20	0.052	8.26	5.49	11.03
Total lipid (fat)	g	1.41	17	0.106	2.40	1.59	3.20
Ash	g	1.03	12	0.034	1.75	1.16	2.34
Carbohydrate, by difference	g	18.60	--	--	31.62	21.02	42.22
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Minerals							
Calcium, Ca	mg	169	--	--	287	191	384
Iron, Fe	mg	0.07	--	--	0.12	0.08	0.16
Magnesium, Mg	mg	16	--	--	27	18	36
Phosphorus, P	mg	133	--	--	226	150	302
Potassium, K	mg	216	--	--	367	244	490
Sodium, Na	mg	65	--	--	110	73	148
Zinc, Zn	mg	0.82	--	--	1.39	0.93	1.86
Copper, Cu	mg	0.080	--	--	0.136	0.090	0.182
Manganese, Mn	mg	0.065	--	--	0.110	0.073	0.148
Selenium, Se	µg	3.1	--	--	5.3	3.5	7.0
Fluoride, F ¹	µg	9.0	9	--	15.3	10.2	20.4
Vitamins							
Vitamin C, total ascorbic acid	mg	0.7	--	--	1.2	0.8	1.6
Thiamin	mg	0.041	--	--	0.070	0.046	0.093

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	0.5 container (4 oz) 113g	1 container (8 oz) 227g
Riboflavin	mg	0.198	--	--	0.337	0.224	0.449
Niacin	mg	0.105	--	--	0.178	0.119	0.238
Pantothenic acid	mg	0.544	--	--	0.925	0.615	1.235
Vitamin B-6	mg	0.045	--	--	0.076	0.051	0.102
Folate, total	µg	10	--	--	17	11	23
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	10	--	--	17	11	23
Folate, DFE	µg	10	--	--	17	11	23
Vitamin B-12	µg	0.52	--	--	0.88	0.59	1.18
Vitamin A, IU	IU	60	--	--	102	68	136
Lipids							
Fatty acids, total saturated	g	0.909	--	--	1.545	1.027	2.063
4:0	g	0.042	3	0.003	0.071	0.047	0.095
6:0	g	0.029	3	0.002	0.049	0.033	0.066
8:0	g	0.018	3	0.001	0.031	0.020	0.041
10:0	g	0.040	3	0.003	0.068	0.045	0.091
12:0	g	0.048	3	0.004	0.082	0.054	0.109
14:0	g	0.149	3	0.011	0.253	0.168	0.338
16:0	g	0.384	3	0.029	0.653	0.434	0.872
18:0	g	0.137	3	0.010	0.233	0.155	0.311
Fatty acids, total monounsaturated	g	0.387	--	--	0.658	0.437	0.878
16:1 undifferentiated	g	0.031	3	0.002	0.053	0.035	0.070
18:1 undifferentiated	g	0.322	3	0.024	0.547	0.364	0.731
Fatty acids, total polyunsaturated	g	0.040	--	--	0.068	0.045	0.091
18:2 undifferentiated	g	0.028	3	0.002	0.048	0.032	0.064
18:3 undifferentiated	g	0.012	3	0.001	0.020	0.014	0.027
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	6	--	--	10	7	14
Amino Acids							
Tryptophan	g	0.027	--	--	0.046	0.031	0.061
Threonine	g	0.200	--	--	0.340	0.226	0.454
Isoleucine	g	0.265	--	--	0.451	0.299	0.602
Leucine	g	0.490	--	--	0.833	0.554	1.112

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	0.5 container (4 oz) 113g	1 container (8 oz) 227g
Lysine	g	0.436	--	--	0.741	0.493	0.990
Methionine	g	0.143	--	--	0.243	0.162	0.325
Cystine	g	0.044	--	--	0.075	0.050	0.100
Phenylalanine	g	0.265	--	--	0.451	0.299	0.602
Tyrosine	g	0.245	--	--	0.416	0.277	0.556
Valine	g	0.402	--	--	0.683	0.454	0.913
Arginine	g	0.146	--	--	0.248	0.165	0.331
Histidine	g	0.120	--	--	0.204	0.136	0.272
Alanine	g	0.208	--	--	0.354	0.235	0.472
Aspartic acid	g	0.385	--	--	0.655	0.435	0.874
Glutamic acid	g	0.951	--	--	1.617	1.075	2.159
Glycine	g	0.117	--	--	0.199	0.132	0.266
Proline	g	0.576	--	--	0.979	0.651	1.308
Serine	g	0.301	--	--	0.512	0.340	0.683

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion